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| **Vegetarian Paella Stephanie Alexander Foundation** |

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| **Makes** | 30 tastes in the classroom | **From the****garden:** | Beans, capsicums, garlic, lemons, onion, peas, tomatoes, zucchini |

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| **Equipment** | **Ingredients**  |

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| * metric measuring cups
* scales medium pot clean tea towel chopping board
* cook’s knife
* citrus juicer
* bowl of cold water
* 50 cm paella pan (or equivalent large wide pan)
* wooden spoon
* heat-proof jug
 | * 2 medium tomatoes skinned and chopped into small pieces
* ½ cup olive oil
* 1 large onion, peeled and chopped
* 6 garlic cloves, peeled and finely chopped
* 5 cups vegetable stock or broth
* 8 strands of saffron threads (or use ground turmeric)
* 2½ cups rice
* 1 tsp Spanish smoked paprika
* 1 red and 1 green capsicum, de-seeded and cut into thin strips.
* 1 medium zucchini, diced
* ¾ cup green peas
* 1 cup green beans
* juice of 3 lemons
* artichoke hearts, , to garnish
* extra lemon, cut into wedges, to garnish
* Olives to garnish
* fresh parsley, roughly chopped, to garnish
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| **What to do** |

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| 1. Skin, de-seed the tomatoes and chop them into small pieces. 2. Heat the olive oil in the paella pan and sauté the onion and garlic until the onion is tender and translucent. 3. At the same time, heat the stock or broth in the large pot. Crush the saffron threads (if using) with the back of the wooden spoon and add them (or the turmeric) and the smoked paprika to the broth. Bring it to a simmering heat. 4. Pour the rice into the paella pan and sauté for about 3 minutes. 5. Add the capsicums, zucchini, tomatoes and beans, and cook for a further 3 minutes. 6. Using a jug, add the simmering vegetable broth and cook over medium heat for 20 minutes or until the rice is almost tender and almost all the liquid has been absorbed. 7. Stir in the peas. 8. Quarter the artichoke hearts and sprinkle them with lemon juice. Slice the olives. Arrange the artichokes and olives over the rice in an attractive pattern. 9. Continue cooking the paella until the liquid has been absorbed and the rice is tender. 10. Serve the paella straight from the pan, garnished with parsley and lemon wedges. |